

Discover Dance
Combinations



The Waltz

...natural turn...closed change...reverse turn...whisk & chasse...half a natural turn...hesitation change...chasse to the right...outside change to promenade...cross hesitation...backward whisk...chasse from promenade...half a natural turn...open impetus turn...a wing...a closed telemark...natural spin turn...turning lock...half a natural turn...natural turn...closed change...reverse turn...whisk & chasse...half a natural turn...hesitation change...chasse to the right...outside change to promenade...cross hesitation...backward whisk...chasse from promenade...half a natural turn...open impetus turn...a wing...a closed telemark...natural spin turn...turning lock...half a natural turn...natural turn...closed change...reverse



with Simon and Heidi Cruwys
former UK Professional Ballroom Champions

the best, step by step,
interactive guide to the Waltz

Series 2

Discover Dance Combinations


The Waltz, Series 2

The aim of this DVD is to teach you a series of three stylish Ballroom combinations. Simon and Heidi Cruwys, former UK Professional Ballroom Champions provide the best, step by step, instructions. Each of these combinations will be taught in three clear stages. Stage 1: Each step within the combination can be practiced individually with detailed instructions. Each step will be repeated slowly three times. Stage 2: The steps will now be practiced together in sequence, as they appear in the full combination. The step sequence will be repeated six times. Stage 3: Finally, the whole combination is practiced to music at a realistic pace. The combination will be repeated six times. You'll be the envy of friends and family in no time!

Bonus

- Special professional competition Waltz routine
- Looped practice structure
- Interactive menus allow you to practice on your own as Leader (Gentleman), Follower (Lady), or as a Couple
- Bonus routine for next series

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Box Lot	30
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Audio	5.1 Surround Sound
Format	DVD



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